

2026 Guasaca Allergen Chart

PROTEINS	Gluten Free	Vegetarian	Vegan	Dairy Free	Onion	Garlic	Citrus	Cilantro	Mustard
Crispy Chicken				X		X			
Fajita Chicken	X			X	X	X	X	X	X
Shredded Chicken	X			X	X	X			
Grilled Chicken	X			X		X	X		X
Avocado Chicken	X			X		X	X		X
Shredded Beef	X			X	X	X			
Grilled Steak	X			X		X			
Sauteed Salmon	X			X		X			X
FILLINGS	Gluten Free	Vegetarian	Vegan	Dairy Free	Onion	Garlic	Citrus		
Lettuce	X	X	X	X					
White Rice	X	X	X	X		X			
Brown Rice	X	X	X	X					
Black Beans	X	X	X	X	X	X		X	
Pinto Beans	X			X	X	X		X	
Plantains	X	X	X	X					
Caramelized Onions	X	X	X	X	X				
Portobello Mushrooms	X	X	X	X	X	X			
Avocado Ranch Salad	X	X		X	X	X	X	X	X
Corn	X	X	X	X	X	X	X		
Guasaca	X	X	X	X	X	X	X	X	
Pico de Gallo	X	X	X	X	X	X	X	X	
Salsa	X	X	X	X	X	X	X	X	
White Cheese	X		X						
Yellow Arepa		X							
White Arepa		X							
Vegan Arepa		X	X	X					
Gluten Free Arepa	X	X							
Mini Cheese Arepa		X							
Tequenos		X							
Cilantro Sauce	X	X	X	X	X	X		X	
Spicy Red Sauce	X	X	X	X	X	X			
Mustard Sauce	X	X	X	X	X	X			X
Honey BBQ Sauce	X	X		X		X			X
Garlic Sauce	X	X		X	X	X			
Sour Cream	X	X							
Natilla	X	X							
Latin Street Salad	X	X			X	X			
Avocado Ranch Dressing	X	X	X	X	X	X	X	X	

***Assorted Cookies are Vegetarian **All items on this menu are NUT FREE**